

# Howard-Suamico School District K-8 Lunch Menu April 2017

**Wisconsin Wednesdays —  
New this year!**

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients.

For the month of April we are featuring Bratwurst from Klement's Sausage Company in Milwaukee, a Potato Fusion Blend from Fifth Season Co-Op in Viroqua, Apples from Appleland Farm Market in Fredonia, and milk from Brothers Dairy in Kewaunee.

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N






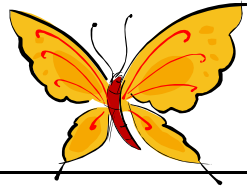

BIRD  
BUD  
EGG  
FLOWER

LAMB  
NET  
RAIN  
SPRING



**\*SMSW Daily Five Menu**

Meadowbrook students from the Sustainable Me, Sustainable World committee learned about the five components needed to build a healthy school lunch. They brainstormed specific foods that fell into each category to serve on the lunch tray. Friday March 8th showcases the menu the students came up with. The salad bar will feature cottage cheese and red, yellow, and orange sweet peppers!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Mini Corn Dogs Corn Raw Veggies/Dip Pineapple Applesauce Birthday Cupcake Strawberry Milk</p> <p><b>HAPPY BIRTHDAY APRIL BABIES!</b></p>	<p>4</p> <p>Salisbury Steak in Gravy Mashed Potatoes Dinner Roll Peas &amp; Carrots Pears Grapes</p> <p><b>PIZZA SCHMIZZA @ Howard &amp; Meadowbrook</b></p>	<p>5</p> <p>Bratwurst on a Bun Diced Roasted Potatoes Salad Bar Apple Slices Mandarin Oranges</p>  <p><b>WISCONSIN WEDNESDAY</b></p>	<p>6</p> <p><b>BRUNCH FOR LUNCH</b> Ham French Toast Sticks Mini Tri Taters Cucumber Slices/Dip Peaches Strawberries &amp; Blueberries</p>	<p>7</p> <p>Fish Patty on a Bun OR Cheeseburger Meatloaf on a Bun Lettuce &amp; Tomato Green Beans Salad Bar Kiwi Applesauce</p> <p><b>*SMSW Daily Five Menu</b></p>
<p>10</p> <p>Portesi Cheese Fries with Marinara Sauce Broccoli Baby Carrots/Dip Peaches Applesauce</p> 	<p>11</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Peas &amp; Carrots Salad Bar Mandarin Oranges Banana</p>	<p>12</p> <p><b>NACHO GRANDE</b> Nachos with Meat &amp; Cheese Sauce Lettuce &amp; Tomato Salsa, Black Olives Sour Cream Refried Beans Corn Pears Peaches</p>	<p>13</p> <p>Real Slice Cheese Pizza Green Beans Raw Veggies/Dip Pineapple Apple Slices</p>	<p>14</p> <p><b>NO SCHOOL</b></p> 
<p>17</p> <p>Chicken Patty on a Bun Lettuce &amp; Tomato Green Beans Cucumber Slices/Dip Peaches Applesauce</p>	<p>18</p> <p>Deli Turkey &amp; Cheese OR Hot Dog on a Bun Onions &amp; Pickle Relish Tator Tots Baby Carrots/Dip Mandarin Oranges Grapes</p>	<p>19</p> <p>Hamburger on a Bun Lettuce &amp; Tomato Pickle Slices &amp; Onion Broccoli &amp; Cauliflower Blend Cucumber Slices/Dip Pineapple Mixed Fruit</p> 	<p>20</p> <p>Ham &amp; Cheese Loaded Pretzel Sweet Potato Cross Trax Salad Bar Apple Slices Strawberries &amp; Blueberries</p> <p><b>PIZZA SCHMIZZA @ Suamico &amp; Bay Harbor</b></p>	<p>21</p> <p>2 Soft Shell Tacos with Meat &amp; Cheese Lettuce, Tomato, Salsa Sour Cream Black Beans Corn Pineapple Banana</p>
<p>24</p> <p>Stuffed Crust Pepperoni Pizza Baked Beans Raw Veggies/Dip Pineapple Pears</p> 	<p>25</p> <p><b>BAY PORT BOWLS</b> Chicken Smackers Mashed Potatoes Dinner Roll Corn Grapes Applesauce</p>	<p>26</p> <p><b>MUNCH A LUNCH</b> Yogurt &amp; String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Banana Mixed Fruit Tropical Twist Juice Box <b>NATIONAL PRETZEL DAY!</b></p>	<p>27</p> <p>Spaghetti &amp; Meat Sauce Garlic Toast Broccoli Salad Bar Mixed Fruit Peaches</p> <p><b>PIZZA SCHMIZZA @ Forest Glen</b></p>	<p>28</p> <p><b>NO SCHOOL</b></p> 
		<p>Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8; and \$.40 reduced price. Menu is subject to change. This institution is an equal opportunity provider and employer.</p>		

# HSSD Elementary Breakfast Menu - April 2017

## Harvest of the Month: Asparagus

Asparagus is low in calories and is very low in sodium. Water makes up 93% of it's composition. It's a great source of vitamin B, calcium, magnesium, zinc, and fiber.

Asparagus is a spring vegetable and is a flowering perennial plant species. Stem thickness indicates the age of the plant, the thicker the stems, the older the plant. Asparagus are best served grilled, stir-fried, or even eaten raw. Check out the healthy skillet recipe below!
























### Asparagus Sweet Potato Chicken Skillet

#### Ingredients

1 lb boneless chicken breasts  
1 Tbsp. olive oil  
3 garlic cloves, minced  
1 medium sweet potato, peeled and diced  
1/2 cup chicken broth or water  
1/2 lb fresh asparagus, cut diagonal into 2 inch pieces  
1/2 tso. Fine sea salt  
1/2 tsp. ground black pepper  
1/2 tsp. red chili flakes

#### Directions

Cut the chicken into small pieces and season with salt and pepper. In a skillet over medium heat, add olive oil, garlic, and chicken. Sauté the chicken for about 7-10 minutes until cooked through. Set chicken aside. In the same skillet, add sweet potato and chicken broth. Cook about 7-10 minutes or until the sweet potato is cooked. Add asparagus and cook for about 4-5 minutes. Season with salt, pepper, and red chili flakes. Serves 4.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Bread Slice Margarine Applesauce Juice Cup 	4 Mini Chocolate Chip French Toast Banana Juice Cup 	5 Trix Cereal Bar Hard-Cooked Egg Apple Slices Juice Cup 	6 Pancake Wrapped Sausage Grapes Juice Cup 	7 Mini Chocolate Donuts Orange Wedges Juice Cup 
10 Cinnamon Toast Crunch Cereal Bowl Vanilla Graham Bears Applesauce Juice Cup 	11 Mini Strawberry Cream Cheese Bagels Grapes Juice Cup 	12 Pumpkin Chocolate Chip Square Margarine String Cheese Banana Juice Cup 	13 Mini Cinnamon Donuts String Cheese Apple Slices Juice Cup 	14 <b>NO SCHOOL</b> 
17 Glazed Ring Donut Applesauce Juice Cup 	18 Bacon Scramble Pizza Orange Wedges Juice Cup 	19 Fruity Cheerios Cereal Bar Hard-Boiled Egg Grapes Juice Cup 	20 Mini Cinnamon Rolls Banana Juice Cup 	21 Apple Jacks Cereal Pouch Cinnamon Graham Squares Apple Slices Juice Cup 
24 Fudge Pop-Tart Vanilla Graham Bears Applesauce Juice Cup 	25 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup 	26 <b>NEW RECIPE!</b> Strawberry/Blueberry Fruit Smoothie Cinnamon Graham Squares Banana Juice Cup 	27 Mini Pancakes Apple Slices Juice Cup 	28 <b>NO SCHOOL</b> 
		Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.30 for grades K-4, \$1.40 for grades 5-12; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer.		